

Emergency Kit Checklist

An emergency kit has all of the things that you and your family may need during an emergency.

To create an emergency kit, you will need a large plastic bin or box to put items in. Check items off as you put them in your emergency kit. Keep an copy of the checklist in the kit and know where the kit is at all times.

List #1

Do you have the things every family needs during an emergency?

- 3-day water supply (at least a gallon per person per day)
- 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc)
- Manual can opener
- Mess kits, paper plates, plastics cups, utensils
- Paper towels
- First aid kit
- Flashlights with extra batteries
- Battery-powered or hand-cranked radio with extra batteries
- Whistle to sign for help
- Local maps
- Sleeping bag or warm blanket for each person in the house
- Cell phone with charger, extra battery, and solar charger
- Extra set of car keys and house keys
- Change of clothes appropriate for your climate and sturdy shoes - for each person in the house
- Matches in a waterproof container or re-sealable bag
- Toothbrush, toothpaste, soap, hand sanitizer
- Cash or travelers' checks
- Copies of important family documents in waterproof, portable container
- Family and emergency contact information
- At least a two-week supply of prescription medicines for each person in the house
- Non-prescription medicines, such as pain relievers, anti-diarrhea medicine, antacids, and laxatives

List #2

Do you have children? Consider including these items:

- Books, games, puzzles, or other fun things to do
- A favorite stuffed animal or blanket
- Paper and pencil/markers/crayons
- Identification to be carried by each child in case family members become separated

List #3

Consider adding additional items to your kit based on your family's needs:

- Medical alert bracelet or necklace
- Fire extinguisher
- Wrench or pliers to turn off utilities
- Household chlorine bleach and medicine dropper to disinfect water
- Feminine supplies and personal hygiene items
- Toilet paper (at least two rolls)
- Sunblock
- Hand sanitizer
- Garbage bags and plastic ties
- Dust mask, plastic sheeting, and duct tape to help filter contaminated air
- Latex gloves or an alternative for individuals with latex allergies
- Glasses and contact solution
- Moist towelettes or baby wipes

Additional checklists and more information can be found by scanning the QR code!



Loup Basin
PUBLIC HEALTH DEPARTMENT